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IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicant: Stearns Art Unit: 3764
Serial No: 09/981,315 Examiner: Crow
Filed: October 16, 2001
Title: EXERCISE METHODS AND APPARATUS

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I hereby certify that this AMENDMENT AND RESPONSE is being sent via facsimile number (703) 872-9302 to the Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450, on this 14th day of November, 2003.

MAKUL
Mark A. Krull

AMENDMENT AND RESPONSE

Commissioner for Patents
P.O. Box 1450
Alexandria, VA 22313-1450

Dear Sir:

Introduction

This Amendment and Response is being submitted in reply to the Office Action dated June 16, 2003.

OFFICIAL